

ACKNOWLEDGING AND LIFTING YOUR MOOD AND ENERGY LEVEL



Human beings' energy levels can be depleted by many factors. The external world is full of distraction, noise, sadness and despair, especially during massive events like a global pandemic. It is crucial to remember that you and only you are responsible for your mood. Here are some helpful tips to keep your mood and energy levels in check and help you build them back up when they are depleted.

MUSIC & LAUGHTER

Some quick ways to inject feelings of happiness and boost your mood include music and laughter. Music has the ability to change one's mood and has been used therapeutically in clinical settings for both pain management and emotional well-being. When you are feeling down or just need a dose of happiness, put on your favorite upbeat tunes and jam your way to a better mood.

Many have heard the phrase, "Laughter is the best medicine", and for good reason. Laughter has been shown to not only elevate mood, but to actually enhance immunity and prolong life. These benefits come from hearing laughter, having expectations of laughter or fun, and of course by the act of laughing itself.

LOVE OR FEAR

With every thought and emotion you feel, ask yourself whether it stems from love or fear. These are the two fundamental energies from which every emotion, thought, and feeling comes from, and they do not ever exist side by side. From love flows our positive emotions like happiness, contentment, peace, and joy. Fear generates negative emotions like anger, hate, anxiety, and guilt. If you find your thoughts or feelings are coming from fear, reflect further within yourself to determine what it is that you are fearful of. Fear, if allowed, has the power to take over and cause us to react without thinking or consulting our developed and loving self. Recognizing the fear that is there is a great place to start and then choose to operate from love. Doing so starts with being willing to understand the situation and to shift from protecting your ego into being kind and loving in your actions.

MANTRAS & AFFIRMATIONS

Mantras can be small but powerful reminders of your own power and spirit. A mantra is a word, sound, or invocation used to aid concentration for meditation. True mantra practice in Hinduism and Buddhism is touted for the amazing power and connection it has to healing life force energy. Traditionally, a mantra is given to you by a guru or teacher, but it has become more common for people to choose a mantra of their own. When choosing mantras for yourself, it's important to keep them simple so that you can easily recite them in your head. You should choose a mantra that feels good for you and fits with your desired intention.

Affirmations are phrases that you repeat to change, increase, or improve your state of mind. Affirmations help provide a sense of peace and solitude and even success when a conscious effort is made to sit and visualize those affirmations. The power of affirmations is not in the words themselves, but the practice of visualizing a different reality. When you combine intentional actions with the newly aligned beliefs and mindset from your affirmations along with the desire in your heart, you will find you can accomplish great things.

DO A GOOD DEED

Helping others is a great way to engage feelings of happiness and improve your mood. When you do something nice for someone, it turns your focus away from yourself and your concerns and allows you to focus on helping somebody else feel good. The happiness you generate in that person is contagious and makes you and others that witness it happy as well. Spreading kindness is the best way to spread happiness. Something as simple as a compliment, a kind word, or an act of generosity can start a positive domino effect of positive feelings.